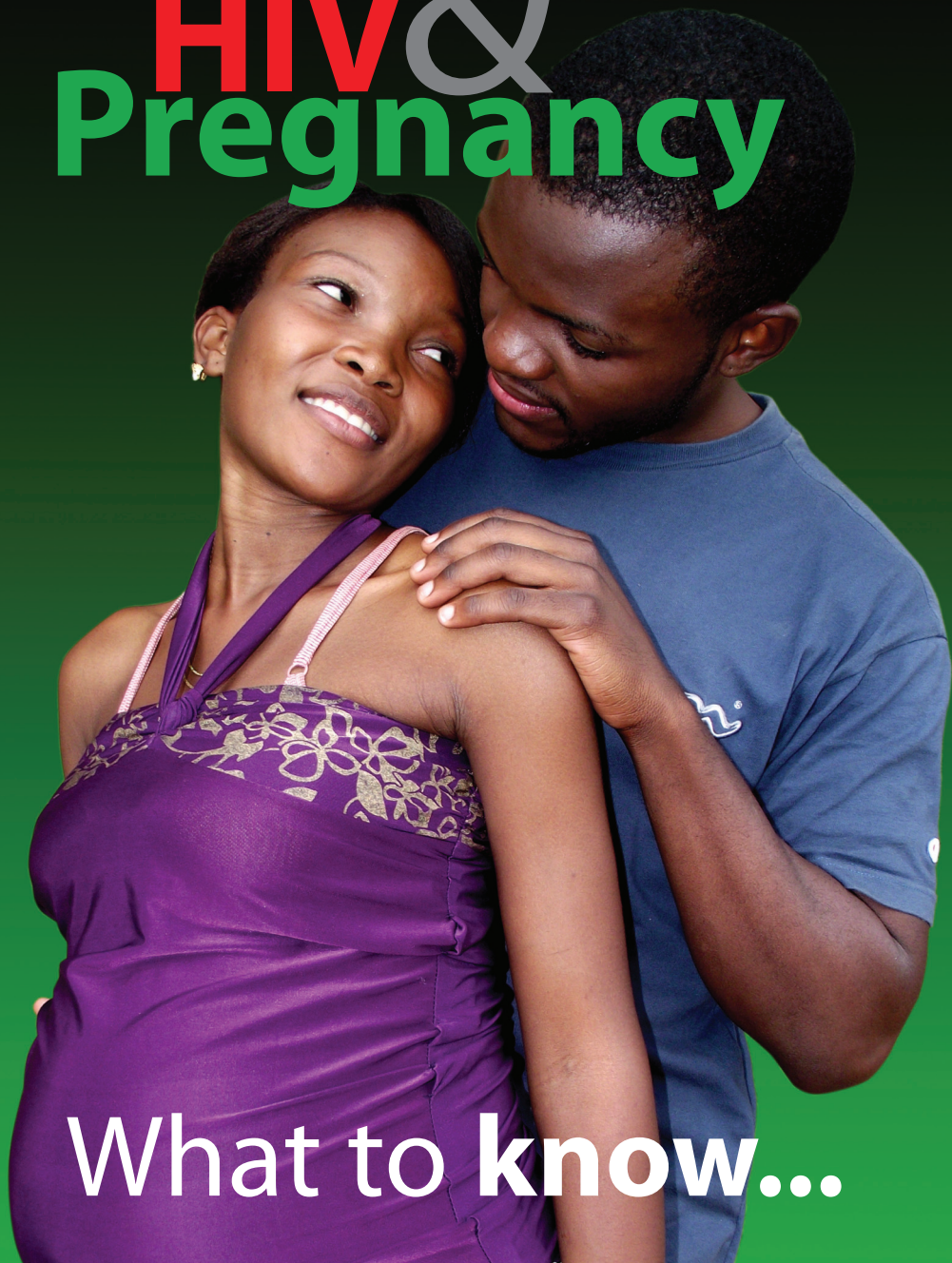


# HIV & Pregnancy



What to know...



**USAID**  
FROM THE AMERICAN PEOPLE

**CSH**  
Communications Support for Health

## Before Pregnancy

1. Plan your pregnancy carefully. Go for HIV testing with your partner before getting pregnant and use family planning. If you desire to get pregnant seek medical counseling.



2. If you or your partner are HIV positive, seek medical counseling to make sure you get pregnant safely.

## During Pregnancy

3. Go to antenatal care with your partner as soon as you know you are pregnant. Prepare a birth plan (where to deliver, how to get there).



4. With your partner, go for an HIV test and learn your results.



5. Seek advice from a healthcare provider on how to have a baby born free of HIV. If you are HIV negative, talk to your health care provider about how to stay negative.



6. Prepare for birth, take your medicine as instructed and deliver in a health facility.



## After Delivery

7. Breastfeed your baby exclusively for 6 months. Do not give your baby anything but breast milk.



8. Give your baby his or her daily HIV prevention medication and take him or her to all follow up visits at the health facility.

9. Take your HIV medicine, if prescribed, and follow all other instructions given to you by your healthcare provider.



10. Talk to your healthcare provider about family planning options.



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